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Shoppers bought up for $12.4B

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A not so super hero

Arrested Development actor Michael Cera talks about playing against type in the drug-fuelled indie movie Crystal Fairy PAGE 8

THAT'S ROUGH

SASK. QB DARIAN DURANT ON THE SIDELINES AFTER SUSTAINING INJURY DURING GAME AGAINST THE ARGOS PAGE 14

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'Photo laser' enforcement takes off

'Not a cash grab.' Could be expanded to cities and school zones, provincial government says

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Saskatchewan's high-tech traffic speed enforcement kicked into gear on Monday, with the official startup of photo radar in highway work zones.

Call it a "photo laser" system, those involved with the technology clarified while demonstrating one of the hand-held units on Highway 10 northeast of Regina.

But MLA Darryl Hickie, chairman of a provincial traffic safety committee, stressed that it shouldn't be described as a way to drum up revenue.

"This is not a cash grab," he said. "Our only goal here is to motivate drivers to obey the law. If we don't collect one single dime of revenue from this initiative, we're fine with that."

Hickie did not estimate what the few DragonCam Photo Laser units — to be used by staff with the Corps of Commissionaires on what he called a random basis provincewide — will bring the government through the multi-year deal with contractor ACS Public Sector Solutions.

He insisted it's a "deterrent" aimed only at slowing down drivers following last summer's death of Ashley Richards, who was fatally struck by a vehicle while working with a road crew in rural Saskatchewan.

The $1.6 million that the provincial government is paying Edmonton-based ACS in the contract, Hickie said, is "good money spent to prevent injuries and deaths in work zones."

Though the photograph system is currently legislated for use only in rural road construction areas, Hickie pointed out that some municipal officials have called for its expansion to enforce speeds in school zones.

"I can tell you right now that the committee is considering that as a recommendation."

This comes as no surprise to Todd Dube, a Winnipeg advocate against what he charges are photo-radar abuses to raise revenue.

"That's how they came into Winnipeg. That's how they get their foot in the door," Dube said recently.

"They get it open a crack, and then they expand it to schools. When they find an area that's deficient in signing, that's what they focus on," he alleged. "That's how they pick their spots, pure and simple."

Greg McKinnon of the Corps of Commissionaires points a "photo laser" monitor at traffic in a road construction zone on Highway 10 on Monday, as the enforcement system took effect.
ROSS ROMANIUK/METRO

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NEWS 1

Severe weather season in full swing in Saskatchewan

'In the middle of it.'
Experts advise public to pay attention to watches, warnings

Saskatchewan's severe weather season is in full swing, after southeast parts of the province were pelted by massive hailstones this past weekend and tornado watches were in effect for a number of urban centres on Monday.

John Paul Cragg, a warning preparedness meteorologist with Environment Canada, said conditions have been ideal for producing extreme weather.

"Such a large area of tornado watches is not terribly common, (but) this was a really good setup for severe weather and that's why there are so many tornado watches out now," Cragg said on Monday.

However, he noted it's important to know the difference between a watch and a warning. A watch means there's potential for a development of severe weather, while a warning indicates severe weather is happening.

"This is the middle of severe weather season," said Cragg. "Severe weather season is mid-June to mid-to-late-August, and we're right in the middle of it. So this is the time of year where you can expect to see severe weather in Saskatchewan."

MORGAN MODJESKI/METRO IN SASKATOON

Severe weather safety

Shelter from the storm

John Paul Cragg with Environment Canada says that if you experience extreme weather, there are steps to take to avoid injuries.

"If it's a hailstorm, you want to get covered as quickly as possible. If you're out and you have no place to go, no cover, you want to protect your head," he said. "For tornadoes, it depends on where you are — but you want to seek shelter immediately."

Cragg said basements are the best places for seeking shelter from tornadoes. But he noted if you're at a residence without a basement, go to an internal room away from windows to avoid flying debris — the most dangerous components of tornadoes. MORGAN MODJESKI/METRO IN SASKATOON

A tornado touches down southwest of Moose Jaw on June 26, 2012. Environment Canada says Saskatchewan residents should expect extreme weather as the province is in the middle of its severe weather season. THE CANADIAN PRESS/THE WEATHER NETWORK

Construction underway for Regina hospital helipad

A helipad for STARS air ambulances is being built on top of Regina General Hospital. ALYSSA MCDONALD/METRO

STARS air ambulances will soon be able to fly directly to Regina General Hospital instead of stopping at the airport, saving time and potentially someone's life.

Barry Tolmie, a pilot with the Shock Trauma Air Rescue Society (STARS), says taking away the need to land at Regina International Airport — instead using a hospital helipad — allows patients to see a trauma team about 15 minutes quicker.

"When you are dealing with critically injured patients, minutes count (and) sometimes seconds count," Tolmie said on Monday. "We are able to transfer the critically ill patients faster.... It's probably about a 15-minute savings."

Hospital staff will be trained to work with arriving air ambulances, which have made 400 trips in the province since launching in Saskatchewan in the spring of 2012.

They're expected to make about 300 trips a year.

Unlike a traditional ground helipad, the hospital's rooftop helipad causes less noise and air turbulence for the surrounding residential neighbourhood, as well as ensures that no one will wander into the landing zone.

"There are very little obstacles up there," said Tolmie. "Up there, it's secure. We know it's clear when we come in and we are the only ones going to be up there."

A second rooftop helipad is planned for the yet-to-be-built Children's Hospital of Saskatchewan in Saskatoon and is slated to be running by 2016.

Construction is underway on the rooftop hospital helipad, which is setting the provincial government back $3.4 million.

It's slated to be operational by this November.

ALYSSA MCDONALD/METRO

First Nations

Competing aboriginal meetings hint at schism

When the Assembly of First Nations holds its annual meeting in Whitehorse this week, a group of rival chiefs will hold their own gathering in Saskatchewan that could give rise to a rival aboriginal organization.

The overlapping schedules of the meetings will force many people to choose between the AFN and the National Treaty Gathering at Onion Lake, Sask.

But more than that, the conflicting schedules point to a schism between aboriginal factions that has only widened since this winter's Idle No More protests.

"These are people in the same house who have different views on what the future looks like," said Ken Coates, an expert on aboriginal issues at the University of Saskatchewan and the Canada Research Chair in regional innovation.

Coates, who is in Whitehorse for the AFN meeting, described the main differences of opinion between the two groups. "You have a group of people who have a different view of how the government relationship with aboriginal people should work, and it's actually a pretty fundamental one," Coates said.

AFN National Chief Shawn Atleo wants to capitalize on aboriginal rights that have been won through the courts, and focus on economic and social development, he explained. The treaty group, on the other hand, believes there are many unresolved rights yet to be won and treaty relationships to be asserted.

Some chiefs and First Nations people criticized Atleo for agreeing to meet Prime Minister Stephen Harper in January as the protest movement took centre stage.

THE CANADIAN PRESS

Retail

Target finally opens it doors in Regina

After months of waiting, Reginans will finally get a chance to check out the new Target store at Northgate Mall.

The 118,000-square-foot space opens its doors at 8 a.m. Tuesday, bringing the popular Target brands and prices to the Queen City.

The wide, bright aisles of the new Target store in Regina. ALYSSA MCDONALD/METRO

"We really wanted to bring the true Target-brand shopping experience that our guests have known to come and love, but we wanted to provide it with the unique wants and needs of our Canadian guests," Tamar Nersesian, spokeswoman for Target Canada, said on Monday.

The store has a full grocery corner, an entertainment section, household items and home decorating, and what Nersesian called a "department-store-style" cosmetic section. It also has two seasonal sections and men's, women's and fitness attire, as well as an attached Starbucks.

"It's really a one-stopping destination," said Nersesian. "We've really taken the best of what the U.S. has and brought it to Canada."

Nersesian pointed out that the store has numerous special features, including motion-sensor lights in its refrigeration section, and that it's applying for Leadership in Energy & Environmental Design (LEED) certification. As well, its main aisle takes an interesting shape.

"As (you) take a walk around the store, you will notice that it's like a racetrack," Nersesian said. "We have designed it that way so that it is easy for guests to come in, shop efficiently and get everything they need."

The U.S. retailer has 20 stores opening on Tuesday across Canada, including two in Saskatoon. It opened several other outlets in Canada earlier this year.

ALYSSA MCDONALD/METRO

Watch the Hilltops in all their glory, from start to finish

Rush4Four. Coming season to be subject of new documentary

The Saskatoon Hilltops' quest for a fourth consecutive Canadian Junior Football League title will be the subject of a new documentary by a film-production company.

The documentary will provide a behind-the-scenes look at the team during the upcoming 2013 season, according to Tom Simes, CEO of Saskatoon-based Five Stones Film.

"This particular documentary — titled Rush4Four — follows them from the very first day of training camp in January all the way to the end of their season," he said.

After briefly profiling the team in an earlier Five Stones film, Simes said he decided to take up the project now so he wouldn't miss the opportunity to capture the team's long-serving head coach, Tom Sargeant.

"He's had an amazing career as a coach," Simes said. "I love to capture him before he retires (and) how he creates the magic that he creates."

For Sargeant, however, the Hilltops' recent success is a true team effort.

"I am just one of many pieces that make it all work," he said. "It's been a real honour to be around so long.

"Hopefully, I will be around for a few more years."

Sargeant said there are concerns that the cameras may become a distraction for the team and coaching staff.

"It can get a bit inhibiting," he said. "We had a few conversations (with the film crews) to iron a few things out.

"In order to win, you can't have distractions."

The film should be completed by next spring, according to Simes.

MARCO VIGLIOTTI/METRO

The Saskatoon Hilltops, seen here hoisting the Prairie Football Conference title trophy for the third year straight last October, are the subjects of a new behind-the-scenes documentary. MORGAN MODJESKI/METRO IN SASKATOON

Wanted

Former nurse sought in fraud case

Police have issued a Saskatchewan-wide arrest warrant for a former Sandy Bay nurse charged with fraud.

Sandy Bay RCMP allege that Michelle Moore, 49, fraudulently claimed overtime pay on several occasions during her time as a nurse with the Mamawetan Churchill River Regional Health Authority.

The allegations surfaced last June after the health authority received complaints from two of its employees.

RCMP opened a criminal investigation in April 2013. Last week, they charged Moore with seven counts of fraud under $5,000.

Moore has since left the area and police believe she is now residing in her native Nova Scotia. METRO

Legislation

Salary changes for justices of the peace

Justices of the peace in Saskatchewan will start receiving annual salaries, instead of being paid on a fee-for-service basis for most tasks, thanks to new provincial legislation now in effect.

Under the legislation, justices of the peace will receive a salary based on a percentage of the pay for provincial judges.

Justices of the peace perform certain judicial and administrative duties for the courts, including "conducting hearings and bylaw and traffic safety matters," according to a press release issued by the provincial government.

The new pay framework applies to all justices of the peace, except court officials. METRO

Emma Lake

Relative arrested after man's death

A 31-year-old Saskatoon man has been arrested in connection with the sudden death of his relative this past weekend in Emma Lake.

RCMP found the body of a 64-year-old Saskatoon man on Sunday afternoon at a residence in the small community about 50 kilometres north of Prince Albert.

The suspect was at the home and arrested, according to police.

No charges have yet been laid. METRO

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Labelling concerns

‘Broad spectrum’ sunscreen carries broad definition

Some may think that when they grab a bottle of “broad spectrum” sunscreen, they are protected from these rays, but Health Canada labelling hasn’t yet caught up with new U.S. regulations.

The 2012 U.S. labelling rule calls for UVA protection in all “broad spectrum” products. Health Canada is considering similar regulations. **GRAHAM LANKTREE/METRO IN OTTAWA**

Charity drive

Woman dies in Channel swim

British officials say a woman has died while trying to swim the English Channel as part of a charity drive. A Facebook page set up to promote her swim said Susan Taylor collapsed on Sunday in the water and was airlifted to a French hospital, where she died. **THE ASSOCIATED PRESS**

Manitoba flood

Evacuees’ hotel to close after owner says cash denied

A Manitoba hotel is being forced to close and evict dozens of 2011 flood evacuees over $3 million in unpaid bills.

The Manitoba Association of Native Firefighters has been given millions to care for evacuees, but Mike Bruneau, owner of Misty Lake Lodge, said the group hasn’t paid him since he accused it of squandering money months ago.

THE CANADIAN PRESS

Nine months old

Baby left alone in sweltering car

Police say a group of angry people confronted the father of an infant girl who was left in a hot car parked in Oakville, west of Toronto.

Authorities say the nine-month-old was left unattended in a parking lot for about 10 to 15 minutes on Sunday.

Police say the baby was seen crying and sweating profusely but is OK.

THE CANADIAN PRESS

And the lawsuits begin

Lac-Mégantic disaster. Mourner, café owner set for first class action

A motion to file a class-action lawsuit has been registered by two Lac-Mégantic residents in the opening volley of what could be a years-long, multimillion-dollar legal battle.

It comes just over a week after a deadly train derailment that has already prompted various investigations, including a criminal probe.

The motion was filed Monday by two men who want to sue the owners of the train that killed an estimated 50 people.

One of them is Yannick Gagné, who owned the Musi-Café bar where many people died in the tragedy; the other is Guy Ouellet, whose partner of five years, Diane Bizier, lost her life in the blaze. Three of Gagné’s employees also died.

Even the lead lawyer on the case was affected by the blast, which destroyed his office.

The defendants are the Montreal, Maine & Atlantic railway (MMA), company chairman Edward Burkhardt, president Robert Grindrod and train operator Tom Harding.

No financial sum was mentioned in court documents, but lawyers predict the case could involve more than $10 million.

The suit seeks damages for people who lost loved ones, for those who were injured and for property and business losses.

Barely a week after the tragedy, law firms have swiftly lined up to get a piece of the potentially lucrative action.

Lawsuits could be filed in Quebec, Maine — the headquarters of MMA — or even Illinois, where the company’s parent company is located.

One Chicago firm that specializes in transportation disasters says plaintiffs could stand to gain millions by taking the company to court in the U.S.

“I think the best way to phrase it is that Illinois does not have limits on wrongful-death damages,” said Bradley Cosgrove, a partner at Clifford Law Offices. **THE CANADIAN PRESS**

A fireman drives by a charred car on Monday on the site of the train-crash explosion in Lac-Mégantic, Que., that killed an estimated 50 people. A class-action lawsuit motion has been filed just over a week since the incident. JACQUES BOISSINOT/THE CANADIAN PRESS

Haligonians won’t stand for Chris Brown concert

The promoter of an upcoming Energy Rush concert at Alderney Landing in Dartmouth, N.S., says he is “not ashamed” for naming Chris Brown as headliner, despite a recent backlash in the area.

Stephen Tobin, owner of Drop Entertainment Group, said Monday he was expecting some controversy but wasn’t prepared for the vitriol.

“Make no mistake about it, we are not condoning Chris Brown’s past behaviour,” Tobin said of the R&B singer, who assaulted girlfriend Rihanna in 2009.

“People are educated and wise enough to make their own decision, and if somebody does not support the artist they can show that dissatisfaction … by simply not buying a ticket.”

Over the weekend, Brown was announced as the headliner of the Aug. 31 show, and some Haligonians voiced their disapproval on social media.

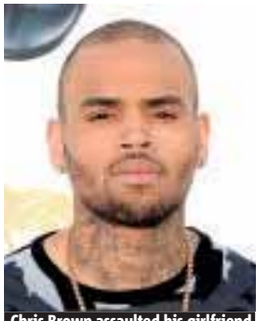
Mayor Mike Savage and the Avalon Sexual Assault Centre also said Monday that they are disappointed Brown will be performing in Dartmouth.

Since the announcement, Rogers and Molson Coors have pulled their Energy Rush sponsorship, but Tobin said that will have “no impact.”

“We’re now five years beyond this,” Tobin said, referring to the assault. “He’s trying to move on. I think we’re sending a message that if somebody makes a mistake, you will never be forgiven.”

The controversy came as a judge in Los Angeles revoked Brown’s probation on Monday after reviewing details of an alleged hit-and-run accident in May. But Brown, who has not entered a plea in that case, was allowed to remain free on his own recognizance.

HALEY RYAN/METRO IN HALIFAX, WITH FILES FROM THE CANADIAN PRESS



Chris Brown assaulted his girlfriend Rihanna in 2009. JASON MERRITT/GETTY IMAGES FILE

Hosting a fund-rager

Unrest also stirring in Winnipeg

Stephen Tobin said other cities, including Winnipeg, have been “nothing short of electric and overwhelmingly positive” of Brown’s pending arrival.

However, the woman behind a Winnipeg fundraiser for victims of domestic violence — not coincidently being held the same night Chris Brown plays the city on Aug. 29 — is taking exception to those comments.

“The guy’s a thug,” said Susie Parker, who immediately began planning a fundraiser for the women’s shelter Osborne House last Friday when she heard of the show.

“Let’s give our money to ... where it’s really needed instead of (in)to his hands, the hands that he uses to hit women.”

SHANE GIBSON/METRO IN WINNIPEG

Elliot Lake. Mall nearly lost mortgage over grave disrepair, inquiry hears

Water damage at the Algo Centre Mall in Elliot Lake, Ont., was so severe the bank threatened to pull the mortgage years before it collapsed, an inquiry heard Monday.

The threat sent the Nazarian family, who owned the mall, on a frantic scramble to forestall the default, but the needed repairs were never made.

“We were in desperate need of funds to fix the roof,” testified Levon Nazarian, who worked alongside his father.

In the summer of 2008, the Royal Bank noted an inspection had revealed it would cost $3 million to make the repairs.

The inspection found “marked deterioration,” severe leaking and extensive damage.

In an effort to head off the bank, the Nazarians signed a deal with a purported contractor, who aimed to borrow $1.7 million to carry out the repairs.

Commission lawyer Peter Doody was incredulous.

“So the company that was going to do the work was going to borrow the money to pay itself?” Doody said.

The contract was forwarded to the bank as evidence the repairs were being done but it was never executed.

Nazarian, 29, also said it was at his request that an engineer changed an inspection report done just weeks before the fatal collapse last year.

He said he wanted to make it “more presentable” but denied the “irrelevant” changes — removing reference to “ongoing” leaking and photos showing severe rusting — were intended to mislead.

THE CANADIAN PRESS

Bob Nazarian, left, owner of the ill-fated Algo Centre Mall in Elliot Lake, with his son Levon at the inquiry. COLIN PERKEL/THE CANADIAN PRESS

Tories do the shake and shuffle

Prime Minister Stephen Harper gave his cabinet its biggest shakeup since his Conservative government first came to power. Here's 3 things to know:

Half of new faces are women

Eight new faces joined the cabinet, including four women. Shelly Glover, a Manitoba MP, comes aboard as heritage minister; Alberta MP Michelle Rempel, pictured, has been named minister of state for western economic diversification; Ontario MP Kellie Leitch is taking on the labour portfolio; and Manitoba MP Candice Bergen was named minister of state for social development. "To the young women of this country, we can make it in #cdnpoli. Run for office," Rempel tweeted soon after her promotion was announced.

The money won't change hands

Finance Minister Jim Flaherty, Foreign Affairs Minister John Baird and International Trade Minister Ed Fast held on to their key economic portfolios. But a few high-profile ministers did change jobs: Peter MacKay — who flubbed the oath, and needed his glasses — is now the justice minister, and Rob Nicholson the defence minister; and Jason Kenney moved to human resources and skills development.

#shuffle13 is not a playlist

The news came out via Harper's official Twitter account in advance of a formal announcement about the cabinet shuffle. @JustinTrudeau also took to Twitter to voice his feelings on the cabinet shuffle: "The only Minister with any power in this Cabinet is the Prime Minister. Today's shuffle does nothing to change that." ... And now-former junior transport minister @stevenjfletcher voiced his disappointment: "I am Conservative. I am a traditionalist. I wish I left Cabinet in the traditional way — with a sex scandal!"

THE CANADIAN PRESS/TORSTAR NEWS SERVICE

MacKay, left, Rempel and Flaherty

Nude-pics hearing

Sexy details at inquiry could ruin judge's career: Ruling

A Federal Court justice has ruled that a disciplinary hearing into the conduct of a Manitoba judge whose nude photos ended up on the Internet could cause "irreparable harm" unless it is put on hold.

The Canadian Judicial Council hearing into Queen's Bench Justice Lori Douglas has dragged on for three years and was supposed to resume this summer. Justice Judith Snider said salacious details about the case could arise at the inquiry and damage the judge's reputation unless the hearing is put on hold pending a judicial review.

"The applicant has demonstrated that irreparable harm to her personal and professional reputation will result if the court declines to grant a stay,'' Snider wrote in a ruling released late Friday.

THE CANADIAN PRESS

'Served his time'

Canadian with alleged al-Qaida ties to leave Mauritania

A 24-year-old Canadian man is to be released from a Mauritanian jail after being sentenced to 18 months in prison and a $2,000 fine for alleged ties to al-Qaida's North African branch, known as al-Qaida in the Islamic Maghreb, officials said.

The Mauritanian appeals court decided Sunday to free Canadian national Aaron Yoon, the same day as his sentencing, because he has already been imprisoned for the duration of his sentence, prosecutor Ahmed Ould Abdalla told The Associated Press.

"The court has decided to free the Canadian, Yoon, because he has already served his time. He will be expelled from Mauritania immediately,'' said Abdalla. Yoon was first arrested in December of 2011. THE ASSOCIATED PRESS

Post-flood birth. Calgary penguins start a family

The Calgary Zoo announced the successful hatching of their first gentoo penguin chick since the opening of the Penguin Plunge in 2012.

The egg was first laid May 31 by two-year-old Giselle and eventually hatched July 7 just after 1 p.m.

"This is such a wonderful announcement to be able to make in the face of current challenges the zoo is dealing with from the flood," said Malu Celli, curator for the Penguin Plunge. "It shows the resiliency of nature and that life continues in spite of those difficulties."

New parents Giselle and 18-year-old gentoo Lachlan were single birds when they arrived at the zoo more than a year ago, but paired up over the winter. The couple and the chick have been monitored closely by zoo staff since the chick was hatched last week.

METRO IN CALGARY

The egg was first laid May 31 by two-year-old Giselle. CALGARY ZOO/FACEBOOK.COM

Thailand. University sorry for students' mural of Hitler with superheroes

Thailand's premier university has apologized for displaying a billboard that showed Adolf Hitler alongside Superman and other superheroes, saying Monday it was painted by ignorant students who didn't realize Hitler's image would offend anyone.

The huge billboard was placed outside the art faculty of Chulalongkorn University as part of a tribute to this year's graduating class.

It said "Congratulations" in bold white letters and showed Hitler with his arm raised in a Nazi salute next to Batman, Captain America, the Incredible Hulk and Iron Man.

"(We) would like to formally express our sincere apology for our students' 'Superhero' mural," art school dean Suppakorn Disatapundhu said in a statement issued Monday. "I can assure you we are taking this matter very seriously."

The billboard was up for two days before being removed Saturday in response to criticism. Online photographs showed graduating students in their robes, mimicking Hitler's raised-arm salute.

The artistic vision behind the picture was to show that good and bad people co-exist in the world, Suppakorn said after speaking with the students.

The study of history in the Thai school system revolves primarily around the history of Thailand and its long line of kings. World history is glossed over, with little or no mention of the Holocaust.

THE ASSOCIATED PRESS

A student poses in front of a superhero-themed banner that included Adolf Hitler at the Chulalongkorn University in Thailand. COURTESY SIMON WIESENTHAL CENTER

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Pharmacy wars heat up as Loblaw buys Shoppers

What, no Optimum Points? $12.4-billion deal raises stakes as Loblaw follows on the heels of Sobeys, which picked up 199 in-store pharmacies last month

Two of Canada's biggest retailers have struck an agreement to combine their operations, with Loblaw Companies Ltd. buying Shoppers Drug Mart Corp. for $12.4 billion in cash and stock.

The acquisition will keep Shoppers' brand name in place and allow it to operate as a separate division of Loblaw, the companies said on Monday.

Galen Weston, executive chairman of Loblaw, holds his son Graydon after a press conference in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

But, it also raises questions about the next major deal in Canada's hotly pursued pharmacy retailer sector.

Last month, fellow grocer Sobeys picked up the Canadian assets of grocer Safeway for $5.8 billion in a deal that included 199 in-store pharmacies.

"With today's transformational partnership between Loblaw and Shoppers Drug Mart, we are changing the retail landscape in Canada," Galen Weston, executive chairman of Loblaw, said Monday.

"I've long believed that becoming a Canadian health and wellness, and nutrition, champion represented the most powerful next chapter for Loblaw."

Loblaw is offering $33.18 in cash plus about six-tenths of a Loblaw share for each Shoppers Drug Mart common share. The proposal was valued at $61.54 per Shoppers Drug Mart common share based on Loblaw's share price before it was announced, more than a 29 per cent premium on Shoppers' average trading price.

THE CANADIAN PRESS

They're back, baby!

Twinkies' defence: Previous company downsized cakes

Twinkies are back, but they may be a bit smaller than you remember.

The new boxes hitting shelves this week list the spongy yellow cakes as having 270 calories and a weight of 77 grams for two cakes, or 135 calories and 38.5 grams for one cake.

Right before it went out of business, the predecessor company had told The Associated Press that Twinkies were 150 calories per cake.

A spokeswoman for Hostess said in an email that the size change was made in "mid-2012" by the predecessor company.

THE ASSOCIATED PRESS

The spongy yellow cakes return. MATT ROURKE/THE ASSOCIATED PRESS

Asiana. Airline to sue TV station over use of racist fake names of pilots

Asiana announced Monday that it will sue a San Francisco TV station that it said damaged the airline's reputation by using bogus and racially offensive names for four pilots on a plane that crashed earlier this month in San Francisco.

An anchor for KTVU-TV read the names on the air Friday and then apologized after a break. The report was accompanied by a graphic with the phoney names listed alongside a photo of the burned-out plane that had crashed at San Francisco International Airport on July 6, killing three and injuring dozens.

Video of the report has spread widely across the Internet since it was broadcast.

The National Transportation Safety Board apologized, saying a summer intern erroneously confirmed the names of the flight crew. THE ASSOCIATED PRESS

Reputation

Asiana will not to sue the NTSB because it said it was the TV report that damaged the airline's reputation.

Market Minute

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Jessica Napier
metronews.ca

I've witnessed my fair share of wedding faux pas over the years — drunken speeches, lewd dance-floor moves, annoying iPhone ringers that erupt in the middle of the "I do." But of all the questionable things I've seen, none of these blunders are as appallingly premeditated as when a woman who isn't the bride shows up to the wedding in a long white dress.

You don't have to be an Emily Post devotee to be familiar with this established piece of etiquette and yet, without fail, there always seems to be at least one guest at every wedding who has the audacity to arrive in her showiest, whitest evening gown. At the last wedding I attended, there were no fewer than three women wearing floor-length frocks in various shades of virginal white. Who are these women and what is running through their brains when they decide to slip into a dramatic dress for someone else's nuptials?

Having a bit too much to drink at the open bar might be frowned upon, but deliberately competing for attention with the bride is unforgivable. It's not just taboo, it's a calculated effort to draw attention to yourself and with every colour of the rainbow at your disposal, there's really no excuse.

I don't care how smoking hot you look or how well it shows off your tan — wearing head-to-toe white to someone else's wedding is a sign of disrespect and is bound to raise some eyebrows.

Yes, I know these events should be about two people showcasing their love and commitment to one another and they shouldn't really be about the outfits, but come on, ladies. There are plenty of occasions that demand a white dress code — croquet matches, lawn-bowling competitions, cotillion balls — so save your colourless finery for another time.

Brides put months of work into their big day while most guests are simply expected to bring along an envelope of cash or a kitchen appliance in exchange for a free meal. Given the amount of time and effort a bride puts into finding her ideal gown, it's not too much to ask that female guests opt for colourful cocktail dresses and let her be the only one in white.

There are extenuating circumstances, of course. Pippa Middleton's show-stealing white dress at her sister's wedding was the result of an old British superstition that advises bridesmaids wear white to ward off evil spirits. And I'm sure no one said no to Jay-Z and Beyoncé when the couple asked their guests to wear white to their wedding in 2008.

Otherwise, guests should assume that all shades of cream, ivory and eggshell are off limits.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Baby watch is a royal bore

CHRIS JACKSON/GETTY IMAGES

It's a camp-out at St. Mary's Hospital

Members of the world media are seen taking a break outside the Lindo wing of St. Mary's Hospital as the U.K. prepares for the birth of the first child of the Duke and Duchess of Cambridge.

Some journalists have been set up outside the hospital since July 1 awaiting the birth of the third heir to the throne. **METRO WORLD NEWS**

Thirst for news grows

"When Di went into hospital the photographers set up their ladders, there were around 200 of them. ... But that was only when she went into hospital."

Ingrid Seward, editor of Majesty magazine and royal biographer, comparing this media frenzy to that during Prince William's birth.
Another speculator, royal author Phil Dampier, said, "I've never known anything like it in my 28 years reporting on the royals."

Twitter

Even before the palace announces the birth by bulletin and tweet, Twits were talking about it:

@piersmorgan: Things I'm very glad I've never had to do: "Royal baby watch".

@rblandford: Royal baby still not released as it has not yet reached its target on Kickstarter.

@AshleyBoorman: Come on Kate! Push the baby out in the morning. Give me a bank holiday on my birthday #RoyalBaby

A disappointing day

July 13

The supposed due date — July 13 — has come and gone. Royal commentators are complaining that the lack of information coming from the palace has called everyone to panic stations. The palace only said that the date would be sometime this month. Given the media circus that has surrounded the royal baby from the beginning, including gifts of knitted kangaroos and a deluge of dead-end tidbits from unnamed and arguably non-existent "sources," it is perhaps not so surprising that Britain's enthusiasm is beginning to flag.

Giddy up. Horseback riding event benefits rare muscle disease

News worth sharing

Eighteen-month-old Logan Heathcote is a horseback rider at heart, and his grandmother, Sandy Heathcote, encourages him with a kid's saddle on the arm of the couch.

Logan was born with a rare form of muscular dystrophy called Arthrogryposis Multiplex Congenita, and helping to find a cure is a communal effort that celebrates Logan's love of horses.

Heathcote's neighbour Korey Dunlop at Setting Sun Stables is hosting a Gymkhana Fun Day on July 20 — a day of riding competitions, hot dogs, cake and raffle prizes, with proceeds going to Muscular Dystrophy Canada.

The big day is a prelude to an even larger fundraising event for the family: Logan was asked to be ambassador for the Regina Safeway Walk for Muscular Dystrophy in September.

His team, the AMC Bears, hopes to raise a total of $3,000.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Send your stories to goodnews@metowe.com and we'll share them right here.

Twitter

A new study from Ohio State University says smokers cost employers $3,000 a year per employee in lost productivity. @metropicks asked: Should it be docked from their pay?

@plussizepanda: of course it should. I don't leave my office ever half hour for 10 minutes at a time!

@AlanSimpson: Maybe something more proactive? Smoking cessation options, smoking on company time guidelines, etc...would all be more effective.

@blinner56: and what's worse is if you're a non-smoker you don't get as many breaks as a smoker does.

@BourbonShot: is it not law that you get a 15 min break every 4 hours, smoker or not? Abide by that. Boom, done. Next question.

@ksawka: it's an addiction right? What if we gave alcoholics paid breaks to sneak out back for a swig from the bottle?

@TP_TV: These are called work breaks whether ppl smoke drink coffee or take a walk they are entitled to them as employees

@Jonny_EP3: as a smoker, I take the 3 breaks I am provided by my employer, just like any other employee here.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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DVD reviews

Evil Dead

Director. Fede Alvarez

Stars. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci

●●●○○

The really scary thing about Fede Alvarez's Evil Dead is its failure to shock. Are we now completely desensitized to movie horror? Arriving 32 years after Sam Raimi's The Evil Dead shotgunned cabin terror into indie legend, the social gulf between the two films couldn't be wider. The 1981 original parlayed geek savvy, improvised gross-out effects and inspired camera work (that swooping evil POV) into a splatterfest that appalled and delighted its Reagan-era audience. It was novel because it was so eager to go for broke. The remake misfires because it's content to play it safe, in the process losing more than just the "The" from the title. Granted, it has all the mutilation, decapitation, dismemberment, sawing, shooting, roasting, nailing, puking, burying, buzz-sawing and screaming you'd expect from an Evil Dead movie — and consider this fair warning for anyone not already versed in franchise lore. It's precisely because you expect all these things that Evil Dead inspires more tedium than terror. Extras include a director/commentary and making-of featurettes.

PETER HOWELL

Michael Cera, 25, stars in Crystal Fairy, where he plays a self-serving jerk. THE ASSOCIATED PRESS

No more Mr. Nice Guy

Crystal Fairy. Michael Cera's new character is a far cry from innocent little George Michael Bluth

MATT PRIGGE
Metro World News in New York

Before discussing his new microbudgeted film, Crystal Fairy, Michael Cera gushes about the films of John Cassavetes. He cites Opening Night, starring Gena Rowlands as an unhinged stage actress, as his favourite. But he didn't come around to Husbands — the filmmaker/actor's seething look at three friends' joint bender — right away. "The first time I watched it I felt like I was watching an acting class — actors flexing their muscles. But now I really love it."

That said, if Cera, now 25, wants to be taken more seriously as a thespian — or even shed his nice guy George Michael Bluth image — he's not being open about it. When asked about hunting for edgier fare — like Crystal Fairy, in which he's an Ugly American on a drug trip — his answer is quiet and modest. "I was just trying to find people to collaborate with who had similar sensibilities," he says. "It's one of the great things about being involved in this business, that you can meet people who are so talented, whose stuff you admire, who you can potentially work with."

After seeing The Maid, a hilariously neurotic Argentine dramedy about a grumpy housekeeper, he reached out to its director, Sebastian Silva. The two wound up collaborating on two movies. When the first, Magic Magic about a woman's (Juno Temple) descent into madness, ran into budget problems, they ran off to make the tiny Crystal Fairy in 12 days. There wasn't a script, but there was a treatment. Everything was planned but the dialogue, which Silva would sometimes feed his actors — also including Gaby Hoffmann as the titular hippie — before takes.

Cera briefly played an abrasive cokehead version of himself in This is the End, but Crystal Fairy finds Cera as a jerk at feature length. "He's pretty self-serving," he explains. "He's incapable of putting himself in other people's shoes. He's so stuck in his head and his own agenda. In terms of playing him, though, it's so much fun. You'll pretend to be nice to someone when you're just manipulating them, or just be outright rude to them."

That's a different persona for him, and a different way of working. "We'd just run the camera and film the scene, so you could really immerse yourself in that feeling," Cera says.

I like the cut of your jib

"I really like the way Michael looks. I'm really into how people look. His is such a versatile face. I feel it could be anything. I don't think I could ever work with, like, Ryan Gosling. Not that I don't like his acting, but I'm not intrigued by his looks."

Getting social. How not to be an online dummy

It's fitting that Aliza Sherman and Danielle Smith first connected in an online space. Sherman, an established author and digital marketing consultant, finally had the chance to meet Smith, a longtime television reporter, at a blogging conference in 2010. That in-person connection manifested itself in the form of the duo's first joint effort, a guide to balancing work and motherhood — Mom: Incorporated. Sherman and Smith have reunited to mark the launch of their new book: Social Media Engagement for Dummies.

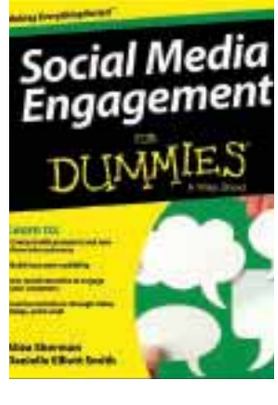
What advice do you give to people who want to develop their personal brand on social media?

Smith: One of the things I love about the book is, true to the "dummies" format, it's broken down into digestible sections about the theories and then we go into the individual platforms. Each of those individual platforms has access and community building opportunities. We hope that we made it very accessible for people.

What are your favourite platforms to use?

Sherman: Personally my favourite is Twitter. I love the speed and brevity of tweeting. As for my clients the most effective platform so far has been Facebook. As much as I adore Twitter, as a consultant I have to give my clients the right tools for them and Facebook wins hands down because of the ultra connectivity. When somebody interacts with you and your brand through your page it becomes reflected in their activity stream and it compels people to share and suddenly the application of your message is huge.

CHRIS LONGO/MWN



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber ALL PHOTOS GETTY IMAGES

The Bieber bus is coming, and everybody's clubbing

Justin Bieber has found an interesting way around his recent trouble with getting into nightclubs in the U.S. due to being under 21. After a gig in Indianapolis, Bieber had his tour bus pull up outside a local nightclub and just had his after-party on the curb, reportedly sending his security detail into the venue to round up girls to bring back to the bus, according to Popcrush. Guards were seen escorting three women — two blonds and a brunette — onto the tour bus, where the blinds were drawn and the party continued. Bieber never stepped foot off the bus himself.

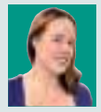
Cory Monteith

Investigation into Glee star's death sped up

The investigation into the cause of death for Glee star Cory Monteith is being fast-tracked, Vancouver police confirm to TMZ. "Due to the intense public interest, the toxicology will be expedited," a police source says, explaining that the results should be announced in two or three days. The autopsy began Monday. Monteith was found dead in his room at the Fairmont Pacific Rim Hotel in Vancouver Saturday after missing his check-out time. He was alone and there were reportedly no signs of foul play.

The Word

Jenny's got a View, and I've got one too



THE WORD
Dorothy Robinson
scene@metronews.ca

I've written this column for a long, long, long time, covering celebrities who do stupid and irresponsible things. But there is no one more stupid and more irresponsible than known anti-vac personality Jenny McCarthy, who was just named the new co-host of The View on Monday morning.

"We are delighted that Jenny will be joining us as a permanent co-host on The View starting in September," Barbara Walters said in a statement. "Jenny brings us intelligence as well as warmth and humour. She can be serious and outrageous."

For her part, McCarthy said, "I'm beyond thrilled to be joining Barbara and the other amazing women at the table. I look forward to helping make hot topics a little bit hotter."

Are those hot topics whether or not you should vaccinate your children? McCarthy has claimed that vaccines cause autism to such mainstream news organizations as Larry King Live and Frontline, and has worked as a spokesperson for various, fringe anti-vaccination groups. There is absolutely no scientific evidence that vaccines — which keep our children from succumbing to terrible diseases — cause autism.

Her stance is extremely dangerous for the well-being of our children and society as a whole. It is my sincere hope that The View explicitly states in her contract that she is not allowed to spew her anti-science lies on broadcast television. Shame on Barbara Walters, a true journalist, for giving this fear-mongering nitwit a microphone. My only hope is that maybe, just maybe, they're drastically changing the format of the show, and Walters and the other View girls will be contestants on a reloaded version of Singled Out.

Justin Timberlake

You take that back, Timberlake!

Justin Timberlake insists he had no idea the name of his new single, Take Back the Night, was also the name of a sexual assault awareness group until the group took issue with his decision. The group, the Take Back the Night Foundation, took issue with Timberlake appropriating their name for a steamy R&B track. "Upon the release of my new single, I was made aware of an organization of the same name called the Take Back the Night Foundation," Timberlake says in a statement. "Neither my song nor its lyrics have any association with this organization. As I've learned more about the Take Back the Night Foundation, I'm moved by its efforts to stop violence against women, create safe communities and encourage respectful relationships for women — something we all should rally around."

Keepin' it real: Lo and O make a show

Lindsay Lohan

Lindsay Lohan is set to star in her own eight-part reality series for Oprah Winfrey's OWN network chronicling the troubled starlet's attempts to rebuild her career once she's finished with her latest stint in rehab. And apparently Lindsay's mom, Dina Lohan, thinks the deal comes with some hands-on care from Winfrey herself. "It's fantastic," Dina tells E! News. "If anyone is going to help mentor you, it's going to be Oprah."

Twitter

@kirstiealley
early to rise, early to work... I'm trying to sound chipper but it's just too early..chip chip chip

@joeldavidmoore
R Kelly is my favorite musician that just sings long texts he writes to girls.

@KChenoweth
Dear Super Bubble, where are you? Youre not at 7/11 anymore (at least in Cali)

@MarkDuplass
Playboy Magazine wants us to know it's only $10 to subscribe for a year... and that there is no such thing as the internet.

Get the Wolverine body

Fitness. This summer, Hugh Jackman reprises his role as self-healing mutant Logan in The Wolverine. His trainer, David Kingsbury, tells us how he went from skinny to superhero

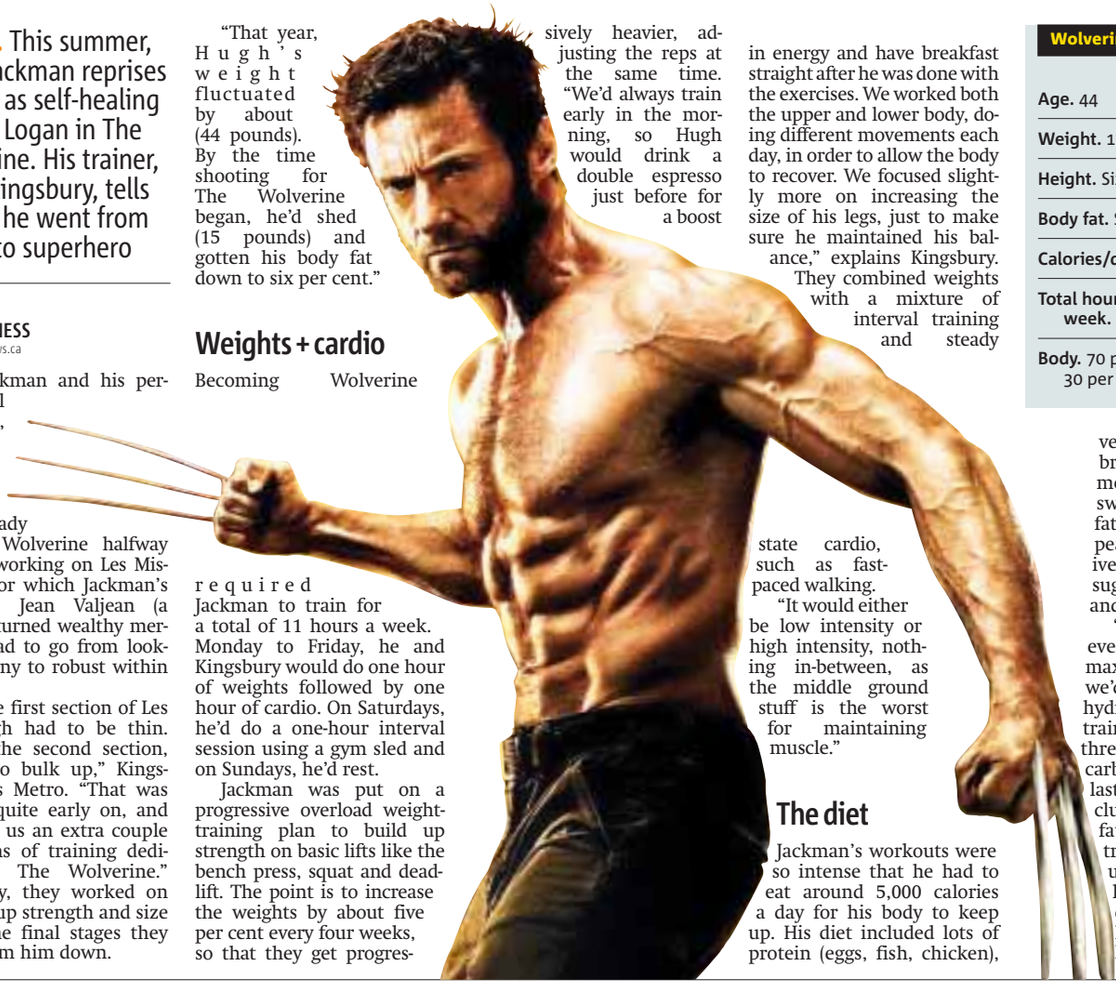
ROMINA McGUINNESS
life@metronews.ca

Hugh Jackman and his personal trainer, David Kingsbury, started getting ready for The Wolverine halfway through working on Les Misérables, for which Jackman's character, Jean Valjean (a prisoner turned wealthy merchant), had to go from looking scrawny to robust within weeks.

"In the first section of Les Miz, Hugh had to be thin. But for the second section, he had to bulk up," Kingsbury tells Metro. "That was actually quite early on, and that gave us an extra couple of months of training dedicated to The Wolverine."

Initially, they worked on building up strength and size but in the final stages they had to trim him down.

"That year, Hugh's weight fluctuated by about (44 pounds). By the time shooting for The Wolverine began, he'd shed (15 pounds) and gotten his body fat down to six per cent."



Weights + cardio

Becoming Wolverine required Jackman to train for a total of 11 hours a week. Monday to Friday, he and Kingsbury would do one hour of weights followed by one hour of cardio. On Saturdays, he'd do a one-hour interval session using a gym sled and on Sundays, he'd rest.

Jackman was put on a progressive overload weight-training plan to build up strength on basic lifts like the bench press, squat and deadlift. The point is to increase the weights by about five per cent every four weeks, so that they get progressively heavier, adjusting the reps at the same time. "We'd always train early in the morning, so Hugh would drink a double espresso just before for a boost in energy and have breakfast straight after he was done with the exercises. We worked both the upper and lower body, doing different movements each day, in order to allow the body to recover. We focused slightly more on increasing the size of his legs, just to make sure he maintained his balance," explains Kingsbury.

They combined weights with a mixture of interval training and steady state cardio, such as fast-paced walking.

"It would either be low intensity or high intensity, nothing in-between, as the middle ground stuff is the worst for maintaining muscle."

The diet

Jackman's workouts were so intense that he had to eat around 5,000 calories a day for his body to keep up. His diet included lots of protein (eggs, fish, chicken), vegetables (spinach, broccoli), carbs (oatmeal, brown rice, sweet potatoes) and fats (avocado, nuts, peanut butter, olives) but excluded all sugar, including fruit and alcohol.

"He ate protein every day, but to maximize results, we'd cycle his carbohydrates. On weight training days, his first three meals would be carb heavy and the last three would include lots of healthy fats. On non-weight training days (Saturday and Sunday) he would skip the carbs and just have healthy fats," says Kingsbury.

Wolverine in numbers

Age. 44

Weight. 198 pounds

Height. Six foot two

Body fat. Six per cent

Calories/day. 5,000

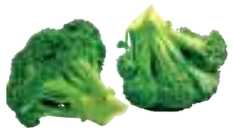
Total hours of workouts / week. 11

Body. 70 per cent diet and 30 per cent training

What Hugh Jackman ate to bulk up

Meal 1

A large bowl of oatmeal with cinnamon
Six scrambled eggs with ham and spinach
Two slices of rye bread toasted with peanut butter



Meal 2

Broccoli, a 10-ounce steak, one boiled sweet potato

Meal 3

Two grilled chicken breasts with lemon and herbs, brown rice
Spinach

Meal 4

Grilled salmon
Half an avocado
Broccoli

What Hugh Jackman ate to lose fat

Meal 1

Four poached eggs, smoked salmon, half avocado

Meal 2

Grilled chicken breast
Spinach, half avocado

Meal 3

Grilled chicken breast
One tbsp of hummus
Broccoli

Meal 4

Seven eggs (four whites, three whole) scrambled with lean ham, spinach

You say potato, I say cake

1. Heat oven to 180 C (350 F). Lightly grease a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

2. In a bowl, whisk water into mashed potatoes until mixture is smooth.

Ingredients

- 250 ml (1 cup) mashed hot Yukon Gold potatoes
- 250 ml (1 cup) lukewarm water
- 150 ml (2/3 cup) butter, softened
- 500 ml (2 cups) brown sugar
- 5 ml (1 tsp) vanilla extract
- 4 eggs
- 500 ml (2 cups) all-purpose flour
- 175 ml (3/4 cup) cocoa, plus extra for dusting pan
- 11 ml (2 1/4 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- Pinch salt
- 175 ml (3/4 cup) semi-sweet chocolate chips
- Icing sugar or icing (optional)

Potato Chocolate Cake

This recipe serves 12 to 16. THE CANADIAN PRESS H/O

3. In a separate large bowl and using an electric mixer, beat butter, brown sugar and vanilla for 4 to 5 minutes until light.

4. Add 2 eggs and mix until blended, scraping down sides of bowl; add remaining eggs and potato mixture, and mix until blended.

5. In another bowl, sift flour, cocoa, baking powder, baking soda and salt; stir to combine.

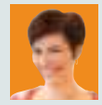
6. At low speed, alternate adding sifted dry ingredients with potato mixture until incorporated. Fold in chocolate chips.

7. Place batter in prepared pan; smooth out top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from the sides of the pan.

8. Let cool in pan on a rack. Sift icing sugar over cake or spread with icing. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Health Solutions

There's an app for that (guest)



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Entertaining season is here and you are sure to have one vegan, two vegetarians, a few gluten-frees, a handful of no-carbs and perhaps a lactose-y or two over to mess with your menu.

How are you supposed to feed them all? Here's an appetizer cheat sheet that can be mixed and matched to serve every palate and pickiness.

The healthy and delicious process is simple: mix together equal parts mild mustard and yogurt (or vegan mayo) and store it in a squeeze bottle in the fridge up to two weeks. It is your "glue". Then choose one item from the savoury list as your base, squeeze a drop of glue and top with one sweet item, et voila! It's a combo platter to suit each one of your fussy friends.

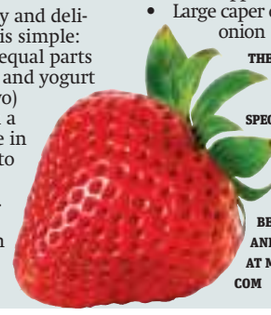
Smile pretty, now.

Savoury

- Cube of feta
- Cube of blue cheese
- Cube of cheddar
- Basil leaf
- Cube of cooked pancetta
- Zucchini Slice

Sweet

- Half a pitted date
- Pecan half
- Strawberry half
- Dollop of chutney
- Slice of apple
- Large caper or pickled onion



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side dish. Orange-Tarragon Lobster-Topped Baked Potato

1. Heat oven to 200 C (400 F).

2. Gently scrub potatoes to remove dirt and loose skin; prick each potato several times with a fork. Bake for 45 minutes or until cooked through. Let cool slightly. Cut top off potatoes (lengthwise).

3. In bowl, mix remaining ingredients. Top each potato and serve. THE CANADIAN PRESS/ PRINCE EDWARD ISLAND POTATO BOARD

Ingredients

- 4 large russet potatoes
- 250 ml (1 cup) chopped cooked lobster meat
- 15 ml (1 tbsp) mayonnaise
- 10 ml (2 tsp) chopped fresh tarragon
- 1 ml (1/4 tsp) coarse salt
- 125 ml (1/2 cup) chopped fennel
- 2 ml (1/2 tsp) orange zest
- 30 ml (2 tbsp) orange juice
- 5 ml (1 tsp) olive oil
- Pepper, to taste

Bacon mayo: Game changer for a classic summer salad

Bacon Mayo

1. In a large skillet over medium-high heat, fry the bacon until crisp. You likely will need to work in batches. As the bacon is fried, transfer it to a paper towel-lined plate. Pour the bacon fat from the pan into a 2-cup liquid measuring cup. Check the volume. If you don't have 1 1/3 cups, top it off with canola oil.

2. Use a rolling pin or meat mallet to crush enough of the bacon to make 1/2 cup of fine bacon bits. Reserve the additional bacon for use as garnish on the potato salad.

3. In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

4. Mix in the 1/2 cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning. Use the mayonnaise cold, but allow it to temper at room temperature for 10 minutes before serving.

Fingerling Potato Salad

1. Place the potatoes and water in a quart-size zip-close bag. Without sealing the bag, submerge it in a bowl of water almost to the opening. The water will squeeze out most of the air. Seal the bag.

2. Microwave on high until the potatoes are tender, about 4 minutes in an 1,100-watt microwave. Use care when removing the bag from the oven; the steam released as you open the bag can cause burns. Remove the potatoes from the bag and set aside to cool.

3. In bowl, stir together the onion, bacon mayonnaise and mustard. Once the potatoes have cooled, slice them into coins 1/2 to 1 inch thick. Stir the potatoes gently into the mayonnaise mixture until evenly coated. Season with salt, then garnish with crispy bacon bits. THE ASSOCIATED PRESS/ W. WAYT GIBBS EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Ingredients

Bacon Mayonnaise

- 1 lb bacon
- Canola oil (if needed)
- 5 tbsp egg yolks (4 yolks)
- 3 tbsp water
- 1 1/2 tbsp Dijon mustard
- 1/4 tsp xanthan gum
- 1 1/2 tbsp lemon juice
- 2 1/2 tbsp white wine vinegar
- Salt, to taste

Salad

- 3 cups small fingerling potatoes
- 1 tbsp water
- 1/3 cup minced red onion
- 1/4 cup bacon mayonnaise
- 1 1/2 tbsp Dijon mustard
- Salt, to taste
- Bacon bits, to garnish (reserved from mayonnaise recipe)

This recipe serves 4 as a side. MATTHEW MEAD/ THE ASSOCIATED PRESS

Reason number 308: I wouldn't let him ride the wiener dog

Reasons My Son is Crying. Humorous blog turned book has given self-deprecating parents everywhere a new outlook and some comic relief

ALISON BOWEN
Metro World News in New York City

Greg Pembroke's son was having a meltdown in a museum. Over cheese. A piece of cheese, torn down the middle.

"My oldest son just started to wail in the middle of this museum," he remembers. "I'm like, well this is so over the top. That stuff happens all the time when you've got a kid."

The Rochester, N.Y., dad of two snapped a pic of his son's tear-strewn face, posting it to Facebook in an album that became a blog that spawned a book.

The creator of the Reasons My Son is Crying Tumblr blog, which recently went viral, is now penning the book. Parents from all over the world flooded him with submissions of their bawling babies, from New Jersey kids tumbling out of a hammock to a Chinese baby upset with his Superman outfit.

"It's really funny to have accidentally found something that everybody can relate to," Pembroke says.

Posting pics can be a parenting coping mechanism, he adds.

"It's easy to get bogged down and feeling upset about all the times your kid's crying, because it makes you feel like a failure," he explains. "Parents are wired to think that if your kids aren't happy all the time, that you're failing. It doesn't mean you're a bad parent just because you have to carry your kid screaming out of Disney World on your shoulder, crying the whole way. Which I did in May."

Savour this time

"I know right now that I'm going to miss this (phase) when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity.

Greg Pembroke, blog creator and author of Reasons Why My Son is Crying

The 33-year-old dad told us about posting pictures as parenting therapy.

What was it like to have pictures of your kids go viral?

It was so crazy. After (it appeared on Reddit), it started to spread so quickly. ... It's a little weird because, it's easy to say this now, but we are pretty private. That week on the MSN homepage, there was a picture of LeBron James, Margaret Thatcher and my one-year-old. It was absolutely surreal to see. It's a little overwhelming initially, but the feedback was so overwhelmingly positive. ... I think someone has visited my blog from every country in the world, except maybe North Korea. You can't win them all.

Why do you think this has struck such a chord?

In general, the people that get it are people that have normal, healthy toddlers; who have been around kids. This is a phase they go through. It's going to happen. … Kids are going to cry. You can either pull your hair out, or you can say, "This is a little bit ridiculous."

How has this helped you in your own parenting?

It helps you see the humour side. This is a stage in childhood development. I know right now that I'm going to miss this when they're out of it, and I think it's a reminder to me to just kind of laugh about the insanity. It's not always going to be this way. When they get older, they're going to have problems that aren't always as easily laughed off, and I think then I'm going to be a bit nostalgic.

Most parents will miss the crying phase their toddler goes through. ISTOCK

Poll: Women cheating more than ever before

Interesting statistic. Wives cheating on their husbands up 40 per cent from 20 years ago but men still more likely to be stepping out

MARY ANN GEORGANTOPOULOS
Metro World News in New York City

There's a long way to go until women are equal to men, but in one aspect of life, we're catching up.

The percentage of women cheating on their husbands rose almost 40 per cent to 14.7 in the last 20 years, according to the latest data from the National Opinion Research Center's General Social Survey. The same survey suggests that the number of men admitting to extramarital affairs stayed the same at 21 per cent.

According to a sociologist at Auburn University at Montgomery, who reported the survey, the data reflects a number of trends, including social media making it easy to have affairs as well as women having less to lose economically from a divorce.

It's the ladies' turn now. ISTOCK

"Men are still more likely to cheat than women," said Yanyi Djamba, director of the AUM Center for Demographic Research. "But the gender gap is closing."

One in four men described their marriages as "not very happy," — twice as many as women — when giving an excuse for their extramarital affair.

Daniel Bergner, author of What Do Women Want? believes that cultural expectations have stopped women from having more affairs.

"Women are programmed to seek out one good man, and men never have been really well-suited to monogamy, right?" Bergner said. He also said that a women's sex drive has been repressed by thousands of years of male-dominated culture.

Bergner also argued that the gap might narrow even more as the nation's median age increases.

"Once you strip away the stigma from the equation, interest in casual sex is about equal for women and men," he said. "So we men may have a lot to worry about."

Are you over-insured? Read the fine print

Don't rely on an agent. Read your policy carefully to avoid being under or over-insured. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

Are you covered? By insurance I mean. Recent floods in Alberta and greater Toronto and, of course, the tragic train derailment in Lac-Mégantic makes one wonder about protection from what life and nature throws at us.

It isn't exactly an exciting topic. As Woody Allen once said, "There are worse things in life than death. Have you ever spent an evening with an insurance salesmen?"

Insurance policies are so utterly tedious with their teeny tiny print and labyrinth-like wording. Consumers rarely read or understand them thoroughly. And even if you do, who is going to remember whether you have sewage back-up protection years after taking out an initial policy? Or for that matter, who notices if coverage has been amended over the years, which frequently happens?

The same is true of most manufacturer's warranties and extended coverage on purchases such as appliances. In fact, many people don't read the warranty before shelling out for (usually) unnecessary extended warranties.

I purchased a digital recorder this year and the salesman almost talked me into additional "bumper to bumper" insurance.

I read the manufacturer's warranty first and discovered that virtually everything offered by the extended warranty was already covered by the manufacturer. Had I read the document after buying extended coverage I would have been seriously annoyed.

This brings me to my new Frigidaire washer and dryer. The previous set, from the same manufacturer, lasted 20 years. I didn't read the new warranty, as the old duo had been such workhorses.

Rust has just appeared on the washer. Turns out that just about every peril is covered, except for rust. In this case the extended warranty, which did cover rust, would have been a good idea.

When accidents, incidents or disasters occur there are always going to be surprises about the extent of insurance or warranties. Even more so these days as insurance pervades our lives, from credit card balance protection to automobile liability.

Avoid being under or over-insured by taking the time to read each policy both at initial application and renewal. Don't rely on what a salesperson or agent tells you. So much depends on it.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In storage

Insurance is not legally required for vehicles in storage. Comprehensive insurance covering fire and theft is optional.

Managing money from wedding bells and beyond

A wedding is a joyful life milestone, but for many it comes with a big price tag. The stress, not to mention the cost, of wedding planning can be a challenge. Successful couples need to discuss finances together.

Establishing good financial habits while planning for your wedding can start you down the path toward a successful financial future together.

"A wedding may be the biggest expense you've ever planned and saved for together. It's a great opportunity to start 'money talks' which should continue throughout your marriage," says Sandy Cimoroni, president at TD Mutual Funds and Executive Sponsor of TD's Women Investor Program.

Cimoroni shares three common mistakes couples make when it comes to managing money, and how to overcome them:

Failing to communicate.
Discuss how you'll pay for any wedding-related expenses — from the venue, to flowers, to cake, and everything in between. Beyond just your wedding, you should be open and willing to talk about money and learn about each other's financial history and views about money.

Not having a budget or financial plan
Many couples don't take the initiative, or wait too long to write down their short, medium and long term goals. Work together on your finances beyond the wedding day. Discuss and establish goals, keep track of your spending, and make the "money talk" an ongoing conversation.

Being on a different page when it comes to finances
You and your partner may have different attitudes about money; one person may be a saver, the other a spender. Acknowledge your differences and take advantage of each other's strengths to successfully manage your money as a couple.

"Open communication starting in the early stages of marriage — and even before — helps you stay on the same page about your combined financial goals and strategy," adds Cimoroni.

NEWS CANADA

A wedding is a big expense. It's the perfect time to start 'money talks'. ISTOCK IMAGES

You're at home here.
CO-OP
SHERWOOD CO-OP
Last Year
Members Earned Over
6.9¢/L
CO-OP EQUITY & CASH BACK
Become a member!
Visit us at
www.sherwoodco-op.com for more info!

Kids conquer MLB's Midsummer Classic

They grow up so fast.
Harper, Machado and Trout headline baseball's all-star youth movement

Washington Nationals outfielder Bryce Harper swings during the home run derby on Monday night at Citi Field in New York. Harper had eight first-round home runs, averaging 415 feet. Go to metronews.ca for more all-star coverage. ELSA GETTY IMAGES

Flip on any highlight show and you're almost sure to see them, with those peach-fuzz faces and boyish features beneath their big league caps.

Mike Trout makes a diving catch on the warning track.

Manny Machado whacks another double into the corner at Camden Yards.

Bryce Harper belts a tape-measure home run or barrels into a catcher ... or an outfield fence ... or whatever stands in his way.

The next generation of baseball stars are here and they're changing the complexion of the game.

"These guys are coming up now with incredible talent, these young players," National League manager Bruce Bochy said Monday at Citi Field, where the New York Mets are hosting the All-Star Game. "I think they are just getting better, faster, bigger, stronger still, and it's impressive to watch."

No kidding.

Trout and Harper, the Rookies of the Year last season, are making their second trip to the All-Star Game. This time, they will start Tuesday night after getting elected by fans.

Some of baseball's best players are among the youngest on the field. Night after night, they put up unprecedented numbers and turn in spectacular plays.

"It's good for the game," Trout said. "A lot of young guys are playing fearless and making a name for themselves at an early stage in their career."

Harper is 20, and Trout is all of 21. Barely old enough to vote, let alone buy a drink.

Machado has spent less than a year in the majors, but that didn't stop him from earning his first all-star selection on his 21st birthday.

"In today's era, young dudes are getting better and more prepared to come up to the big leagues," said Orioles teammate Adam Jones, an all-star himself. "It's just an improvement in the game. These young dudes are phenoms, and he's put his name up there."

Machado was voted in by players, a significant sign of respect from his peers.

He certainly deserved it at the power-packed third-base position after hitting 39 doubles in the first half, threatening the single-season record of 67 set by Earl Webb in 1931.

"Swing and hit the white ball coming at you. That's all it is," Machado said. "There's no secret to it."

THE ASSOCIATED PRESS

Changing of the guard

12

There are 12 all-stars this season 24 or younger, seven in the NL. That's the most since a dozen were selected in 1993, according to STATS — a group that included Ken Griffey Jr., Mike Piazza, Gary Sheffield, Mike Mussina and Juan Gonzalez.

Grown Manny

"He's probably more mature than I am, and I'm 27."

Baltimore all-star Adam Jones on 21-year-old teammate Manny Machado.

Welcome back to Russia

Kovalchuk signs with KHL team

Russian team SKA St. Petersburg says it has signed forward Ilya Kovalchuk to a four-year contract.

Last week, Kovalchuk walked away from $77 million left on his 15-year contract with the New Jersey Devils.

SKA did not disclose the terms of the deal with Kovalchuk in its statement Monday.

Kovalchuk scored 417 goals and added 399 assists in 816 NHL games.

THE ASSOCIATED PRESS

No pity party here

"No one is going to feel sorry for you, the New Jersey Devils."

Devils head coach Pete DeBoer on Ilya Kovalchuk's decision to retire from the NHL and return to Russia.

NHL

Hextall returning to NHL roots in City of Brotherly Love

Ron Hextall is back with the Philadelphia Flyers, joining a long list of former players in the front office.

The former Flyers goalie on Monday was named assistant general manager and director of hockey operations, leaving the Los Angeles Kings where he was president and assistant general manager.

THE ASSOCIATED PRESS

Roughriders QB Durant left on sidelines with injured foot

Saskatchewan Roughriders quarterback Darian Durant showed up to practice Monday with a walking boot on his sprained foot.

He wasn't able to practise with his teammates, but the 30-year-old hopes to get back on the field as soon as possible.

"Luckily we have a long week to give it some time to heal.... We'll see where we are in a couple of days," Durant told reporters after practice.

Durant left Thursday's 39-28 win over the Toronto Argonauts in the fourth quarter. An MRI revealed the sprain the next day.

Saskatchewan takes on the Hamilton Tiger-Cats in Regina on Sunday night. If Durant is unable to play, Drew Willy will start in his place.

Durant has passed for eight touchdowns so far this season, leading the Roughriders to a 3-0 start. THE CANADIAN PRESS

A trainer works on Darian Durant's injured right foot on Thursday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Flory's season on the line

Montreal Alouettes offensive lineman Scott Flory is expected to miss an extended period of time after suffering a torn bicep.

- The 37-year-old Regina native, who has been with Montreal since 1999, will undergo an MRI on his left arm to determine whether he will miss the remainder of the season.
- Flory suffered the injury during Friday night's 22-14 loss to the Calgary Stampeders in Montreal.

Horoscopes

♈ Aries
March 21 - April 20
It's time to heal a rift with family members and get things back to how they used to be. The Sun in Cancer will make it easy for you to remind everyone that you are on the same side.

♉ Taurus
April 21 - May 21
By all means, speak your mind today but make sure what you say is backed up by the facts. If you play fast and loose with the truth now, you could regret it next weekend when Mercury turns direct again.

♊ Gemini
May 22 - June 21
You will be making some pretty big decisions over the next few days, so make sure you look confident even if you don't feel it inside. Others will take their cue from you.

♋ Cancer
June 22 - July 23
This is a time for action. Outstanding cosmic activity in your birth sign means you are ready to take on the world. The only thing that might hold you back is if you don't believe it.

♌ Leo
July 24 - Aug. 23
You seem to be looking over your shoulder a lot at the moment, but why? Be careful by all means today but don't let your fears get out of hand. Chances are there's no one out to do you harm.

♍ Virgo
Aug. 24 - Sept. 23
If you are involved in some kind of cause, others will rally round your flag. And if you're not, perhaps you shouldconsider getting involved. Make the world a better place.

♎ Libra
Sept. 24 - Oct. 23
Don't worry that you don't have the expertise to do a particular job. Once you have started, you will quickly learn what needs to be done. Other people know what you are capable of, but do you?

♏ Scorpio
Oct. 24 - Nov. 22
If you would like to get away, if you would like to leave the daily grind behind you and go some place where the fun never stops, now is the time to pack your bags.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the wealth area of your chart means you have no choice but to make changes that will affect how much you earn in the future. You should have started earlier, but better late than never.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Cancer at this time of year means loved ones have a huge influence on how you think and feel. But just because they get emotional does not mean you have to get emotional too.

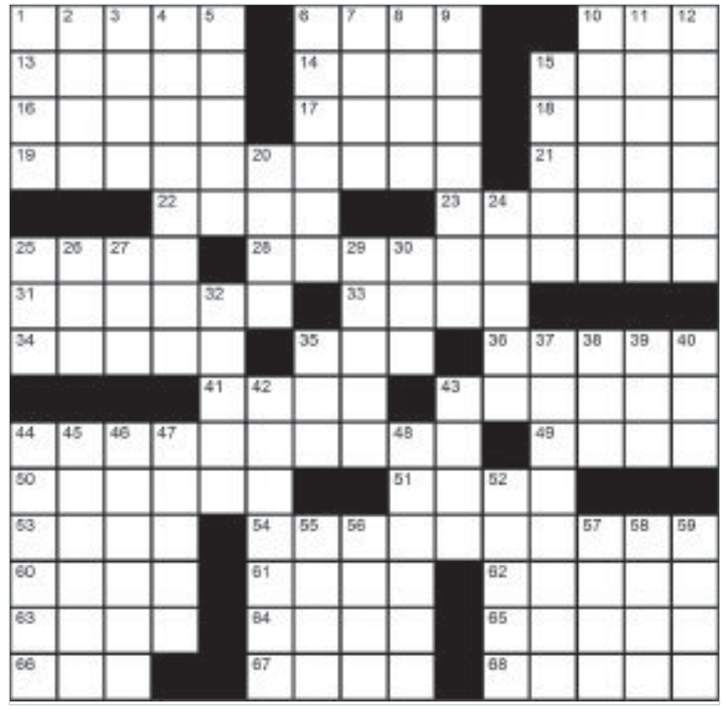
♒ Aquarius
Jan. 21 - Feb. 19
Plan what you have to do with as much care as possible. If you can do that then you will sail through the challenges of the next seven days. The big picture is important, but so are details.

♓ Pisces
Feb. 20 - March 20
You can let the world in on the secret plans you've been making. Some will be happy, other will be dismayed but what matters is you're making things happen. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



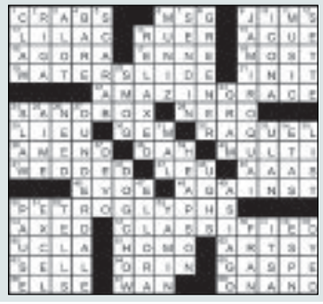
Across

1. Ex-Pres. Bill Clinton's nickname
6. Entr'__ (Theatrical interlude)
10. Looney Tunes 'Devil', cutely
13. "It's __ __ to you now."
14. Mr. Griffin
15. London, England's __ Park
16. Summery drink
17. Eurythmics' "Would _ ___ to You?"
18. Take down __ (Humble): 2 wds.
19. Prime Minister's country retreat, __ Lake
21. 'T' in TV
22. Prefix with 'logical'
23. Neet user's temporary result: 2 wds.
25. Thunderstruck
28. Navigation instruments of yore
31. Profession
33. Bob Hope book, _ __ Russia $1200
34. Gawk
35. Fitting
36. Pacific __
41. Party inviter's request [acronym]
43. Neat ___ ___ (Tidy)
44. Blake Lively TV series: 2 wds.
49. Marcel Marceau's job title
50. "The Talented Mr. __" (1999)
51. Each: 2 wds.
53. Mixed collection
54. Children's book by Mordecai Richler, Jacob Two-Two Meets the __ __
60. Hue
61. Mythical Hun king
62. Ms. Carter of "Designing Women"
63. Pegs on the green
64. Warren Beatty/ Diane Keaton movie
65. Mr. Estrada's
66. Alternatives
67. Dine-and-__
68. Machine button, perhaps

Down

1. Shindig
2. Uma Thurman's character in "The Producers" (2005)
3. Brit-pop group
4. Certain commuter; or, The Guess Who song: 2 wds.
5. Greenfly, for one
6. Martin Short comedy, "'Three ___!" (1986)
7. Gael, for one
8. Bee Gees, for one
9. Barry Manilow hit: 2 wds.
10. Rare blood, ___ _
11. Antarctica penguin
12. Canadian actor Kevin who played Damian Daalgard on #44-Across
15. Type of yoga
20. At hand
24. Margarines
25. House temp. coolers
26. Temple in Cambodia, Angkor __
27. Time
29. Ms. Hedren, Melanie Griffith's actress mom
30. Decompose
32. Uncanny
35. Dow Jones Ind. __.
37. Ghost stories telling spot
38. Prefix to 'centre'
39. Purpose
40. Opposite SSW
42. 1996 Leslie Nielsen comedy: 2 wds.
43. Mont Blanc, par exemple
44. Cave
45. More greasy
46. Backs
47. Casino games
48. Salad ingredient
52. Stranger
55. Cup _' __ (Hot drink, informally)
56. Alberta town
57. Foe of the Allies in World War II
58. Adidas competition
59. Liza Minnelli's ex-husband David

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		7		5		4	
9								7
		8		1		2		
	9	7		3		6	8	
	1			8			2	
	8	4		2		5	9	
		6		9		4		
8								5
	4		8		6		3	

Yesterday's Sudoku

2	7	4	9	6	3	8	1	5
5	3	9	8	1	4	2	7	6
1	8	6	2	5	7	4	3	9
4	5	8	3	7	1	6	9	2
7	2	1	5	9	6	3	8	4
6	9	3	4	8	2	1	5	7
3	6	5	1	2	9	7	4	3
3	1	2	7	4	5	9	6	8
9	4	7	6	3	8	5	2	1

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